

ABSTRACT OF THE DISCLOSURE

A lifting device ergonomically and safely lifts an object having an elongated aperture. The lifting device includes a lifting member having a first end with a handle portion for gripping by a user and a second end with an object-engaging portion for securely engaging the elongated aperture. A stabilizing member coupled to the lifting member adjacent the object-engaging portion is structured to stabilize the object while moving it. A panelboard employs one or more lifting devices which engage elongated apertures thereof.